

MAG-36 NEWSLETTER

January - March 2011



Happy New Year!

Colonel Mike Brassaw Commanding Officer

Happy New Year! 2011 is here and MAG-36 is gearing up for another busy year. The last three months of 2010 were packed with banner events for MAG-36. While deployed to the Philippines for PHIBLEX we conducted disaster relief operations in the wake of Super Typhoon Megi. Upon return we rolled into the Marine Corps Birthday Ball and holiday season.

We enjoyed many festive holiday events- the family holiday party, a white elephant gift exchange, and a community relations Santa visit and gift donation to the local AmerAsian school. A special thank you goes out to Brent Fisher (our new family readiness officer), Captain Duffy, and Chaplain Allen for coordinating these great events.

With the New Year comes another deployment for Exercise Cobra Gold in the Kingdom of Thailand. Once again, MAG-36 will play a major role in one of Pacific Command's high profile multi-service and multinational exercises. To

learn more, please attend the family predeployment brief and readiness expo scheduled for 20 January at 1800 at the Habu Pit MCAS Futenma.

Throughout the exercise, we will post reports on the MAG-36 facebook page - click the [facebook](#) link to become a fan.

If you have not had an opportunity to meet Brent Fisher, I encourage you to come by and say hello. Brent is a retired Marine and was working with the Okinawa Single Marine Program before joining the MAG-36 family. We look forward to tapping into his local knowledge and many resources. Remember; if you have any questions or concerns while your Marine is deployed to Cobra Gold, please do not hesitate to contact him. Brent will be the families' primary contact for official information when MAG-36 deploys.

In closing, I want to thank everyone for helping to make 2010 another epic year for MAG-36. Your strong support on the home front has allowed MAG-36 to excel.

I wish you all the best for the coming year.



Review & Renew

Brent Fisher Family Readiness Officer

Whether it's saving money, quitting a bad habit, or losing that one pound that just won't seem to go away, symbolically New Years represents a time where we look at our past and make commitments for the future. As we turn the calendar to 2011, let us together take pause to review and renew our family readiness.

To help with this very important aspect of military living, I offer a few areas you might consider.

Please review your Family Care Plans (FCP), wills, and Record of Emergency Data (RED). FCPs should contain reliable short and long-term contacts, updated power of attorney, and means to provide care. Although we hope and pray wills do not have to be executed, be mindful of those we care for most should they be faced with unfortunate circumstances.

In the same neighborhood as wills but yet different in its own right, an accurate RED ensures family members will be given due and necessary attention.

I turn your attention to some areas you might want to renew. Hidden in the last place we always look are our family member's passports. While they come with a five or ten year life, imagine the sinking feeling if the airport attendant pointed out your oversight - not fun.

Although we know their existence is for our wellbeing, military police have a unique method of informing us that our Japanese Compulsory Insurance (JCI) has expired - not fun number two.

Community commitment does not have an expiration date; however, I ask that it too be renewed. Be mindful that all are not as fortunate or at the same station in life. Those that have been in the military community for a while know much of our strength comes from the bond created by extended hands. If you have

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Predeployment Brief

Family Readiness Office

Mark your calendars for the Cobra Gold predeployment brief and readiness expo to be conducted on January 20, 2011, from 1800 to 2000. The brief will be held at the Habu Pit. Representatives from MCCS Personal Service Center and Marine Corps Family Team Building will be available to answer questions and provide information about the services the respective programs offer. Childcare will be available (please call the FRO to register). Light refreshments will also be provided.



Marines celebrate at the MAG-36 holiday party December 17th.

Feliz Ano Nuevo! Talking while driving threatens All

SgtMaj Laura Brown
Sergeant Major

I am excited to say that 2011 is here and what a busy schedule we have before us! To our newly arrived Families , I say WELCOME. The shock factor will wear off soon!

To the seasoned families I say , "Thank you for making MAG 36 a safe and rewarding place to be."

Do you have plans for January yet? The Cherry Blossom Festival is a must. (Jan 29-30, 2011).



There are so many opportunities to volunteer your time and/or cooking skills. I challenge each family to make that a priority in 2011, whether it is through our chaplain's office or our family readiness office.

Get involved. Focus on helping those around you . Part of being a family is helping those in need. Mentoring young spouses through the process of military life, single Marines volunteering with the Single Marine Program is all part of the bigger plan of unit cohesion.

LtCol Greg Feroldi
DOSS

Technological advances have certainly made our lives more efficient. This submission to the MAG-36 newsletter was certainly made easy with the use of a computer and writing software rather than with that artifact on which many of us learned to type – the typewriter.

Modernization and inventions often come with unintended consequences. For example, with the automobile came increased pollution.

As we incorporate many of the great new inventions into our lives, we must be ever mindful of their appropriate use.

Arguably the most common distraction to our routine is the cellular phone (aka The Leash). And, if one cell phone weren't enough, some of us carry two or three.

As much as we love the convenience of our cell phones, we need to remember to set them down when our attention needs to be focused elsewhere – like driving.

Despite laws, both on-base and off, a vast majority of people continue to use their cell phones while driving. Take a short trip to the nearby store and you're almost guaranteed to see a criminal in the act of violating such rules and regulations.

We should not put down the phone simply because of laws, rules, or regulations. We should refrain from using a cell phone while driving because of the danger it imposes to yourself and other drivers.

In most articles, this is the point where

tragic statistics are usually presented to the reader in an attempt to sway people from threatening behavior. Although no one likes to see reports of people being negatively affected by inappropriate conduct, the problem with numbers is that we find it difficult to foresee ourselves or someone we love as being a statistic.

Since statistics seem to have little impact, let's focus on **YOU!**

YOU can wait to answer the phone!

YOU can focus on your driving!

YOU can turn off the phone!

YOU can make a difference!

YOU can choose to do what is right in 2011!



"I like Marines, because being a Marine is serious business. We're not a social club or a fraternal organization and we don't pretend to be one. We're a brotherhood of warriors - - nothing more, nothing less, pure and simple. We are in the butt-kicking business, and unfortunately, these days business is good."

Colonel James M. Lowe,

Feedback Forum

*Your feedback is invaluable.
Help the command help you
by providing feedback to your
family readiness officer.
brent.e.fisher@usmc.mil*



Commanding Officer
Col Mike Brassaw

Executive Officer
[LtCol Zach Woodworth](#)

Sergeant Major
[SgtMaj Laura Brown](#)

Adjutant
Capt Eric Crecielus

Intel Officer
[Capt Lee Mersek](#)

Operations Officer
[LtCol Kevin Glathar](#)

Logistics Officer
[Maj Cameron Renner](#)

Communications Officer
Lt Leo Niewieroski

PSD Commanding Officer
[Maj Doug Nelson](#)

Family Readiness Officer
Brent Fisher

"Prestige Worldwide!"

Maj Cameron Renner
Logistics Officer

The MAG-36 S-4 has continued to flourish throughout the WestPac region. Our reputation as superior logistics providers is known worldwide... "Prestige Worldwide!"

Our deployment to the Philippines in support of PHIBLEX throughout October was a smashing success. "Prestige Worldwide!"

Exercise Ryukyu Warrior took place during the last week of November and the first two weeks of December. The S-4 moved the headquarters out to Ie Shima Island with support from MWSS-172. The operation was smooth and successful in all areas of logistics. "Prestige Worldwide!"

We continue to prepare for our upcoming deployment to Thailand in support of Exercise Cobra Gold. "Prestige Worldwide!"

On October 1st, 2010, MAG-36 (along with the rest of 1st MAW) cut over to a new logistics and supply computer system called Global Combat Support System Marine Corps (GCSS-MC). The new system will replace three older systems (SASSY, ATCLASS, PC MIMMS) and is the future of supply and maintenance integration in the Marine Corps. Training took

place and a few issues still need to be worked out, but MAG-36 proved it can be done with class! "Prestige Worldwide!"

CWO2 James Kemp returned from his recent six month Individual Augmentation (IA) with MarCent in November. The MAG-36 S-4 reputation continues to be the best; because of this, our Marines are consistently requested and needed in order to keep the Marine Corps operating in a sound and professional manner. "Prestige Worldwide!"

Sgt Cedric A. McCormick left MAG-36 with his wife and baby in October. He will be working embark at 2nd Marine Logistics Group (MLG) in Camp LeJeune, NC. PFC Claudia Guerrero-Garcia will be leaving MAG-36

for the same unit in January. They will take the professionalism and excellence they learned from MAG-36 and make 2nd MLG a better place. "Prestige Worldwide!"

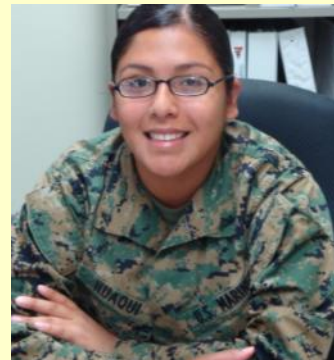
Sgt Grady Arnold joined the embark team as the embark chief a few months back to replace Sgt McCormick. He has come to us from Camp Pendleton with a substantial number of deployments under his belt. He has proven to be a very valuable NCO, and MAG-36 S-4 is extremely happy to have him on the team. "Prestige Worldwide!"



Equipment being loaded onto commercial ship in the Philippines for redeployment from PHIBLEX.

Shop Talk

What is your New Year's Resolution for 2011?



Lcpl Huaqui

"I want to spend less money"



Pfc Vivas

"Improve my job proficiency"

Important Numbers

Family Readiness Officer

636-2216

Chaplain's Office

636-3016

Duty Chaplain

636-3100

MAG-36 GDO

090-6861-4884

American Red Cross

645-3800 (day and night)

Counseling & Advocacy

645-2915

Navy Relief Society

645-7808

Tricare

643-75.39

Single Marine Program

645-3681

WIC

645-9426



SSgt Graham

"I'm going to quit smoking"

Let go of my Stress-Ors

CDR Brad Smith, MD, MPH
Flight Surgeon

New Year's and the holidays are a wonderful time of year to celebrate, enjoy life, and recognize how much we have in terms of freedom, friends, and the ability to influence our lives.

One of the most challenging aspects of our lives is stress. Though it may seem impossible, we have the ability to modify not only our perceived stress but also our actions to control the stressors of our lives.

First of all, we have to realize we can't have it our way all the time. We have to accept that we can't control all aspects of life. Situations must be accepted and the best made them. Having a good attitude and positive perspective will help keep a difficult situation at bay.

Exercise...exercise...exercise! Exercise is a great way to relieve stress. Physical activity is an outlet for frustration, anger, and negative emotions that accompany stress. A short 20 minute walk is enough to reduce the negative aspects of stress.

Further, exercising is a healthy part of our lives; it helps control weight and improves the longevity and quality of life.

Journaling stressors has healthy benefits. By listing the stressors, one can remove the constant jumping from stressful thought to stressful thought.

Many very busy and successful individuals avoid sleepless nights worrying

"Research has shown that people who eat breakfast live longer and healthier lives"

about all their stressors by making a list of their concerns. The act of placing your concerns on paper can make them more manageable.

Laughter is the best medicine. Laughter reduces stress levels by releasing endorphins (a natural part of the body's pain killers), lowers blood pressure, and can boost one's immune system.

Laughter and relaxation, whether from reading a book, watching a movie, or

spending time with friends, are all great stress reducers.

Eat breakfast. Research has shown that people who eat breakfast live longer and healthier lives. They consume less fat, have a higher intake of vitamins and minerals, have lower cholesterol levels, and lower rates of heart disease. Healthier lifestyles allow one to better control life's stressors.

Take some time for yourself. Your body and mind need time to rest. Everyone needs time to recharge their batteries. Take some time off from your busy schedule to allow yourself to recover from the detrimental effects of stress.

Stress is manageable. It is just a matter of balancing the demands of work, home, daily activities, and life itself. Simple changes to your perceptions of stress can make a big difference. There are of course many more techniques one can use to reduce stress. I have listed a few of my favorite methods; you may find these also work for you.



Congratulations to Sergeant Major Brown who was recently selected as a command slate sergeant major. The sergeant major will soon assume the duties as the sergeant major for MCB Quantico.

Social OPSEC

Lt Johnathon Brandon

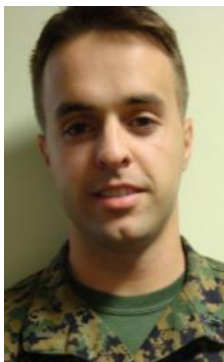
Technology today keeps growing, and that growth continues to be monitored by the S-2 for threats to our operating forces. One of these potential concerns for our unit is social networking sites.

These sites present potential harm to our command as information regarding the unit can be unintentionally leaked on personal pages such as [facebook](#) and Twitter.

We should take a look at what we are putting on our personal sites not just from the viewpoint of utilizing good Operational Security (OPSEC) but also personal security.

Have you ever taken a look at some of the **Privacy Policies** enforced on these social network sites? You may find some alarming details.

Facebook (as an example) admits that when you put information onto the site, copies will remain in cyberspace for an additional 90 days like a recycle bin, even though you have deleted it from your profile.



Let's say you updated your status to, "excited that my spouse is coming home from Thailand next week," and it automatically spreads through all of your friend's news feeds; it cannot be retracted. Despite realizing the mistake and quickly deleting it, your comments could potentially stay out there in the open forever!

Even for personal information, these sites can be a danger if unchecked. Updating something about yourself is like taking an online survey for public viewing.

Many of us may not fully grasp how a hacker can steal our information from a social network page, but here's a very real example: Using a **phishing** scheme, you add the hacker as a friend. Then, software is used to copy your personal page information, to include your associated email addresses, and utilizes software to "guess" your password from all your personal information (i.e. cycling through birth date combinations and children's names).

They may then apply the same password for your email address. With access to your email, the problem worsens. The person can request password resets for personal accounts, and then your identity is stolen.

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Cont: Social OPSEC

Here is a safety checklist to help ensure you are properly utilizing these sites.

- Keep sensitive, work-related information off your site
- Carefully look for and set all your privacy and security options
- Keep your plans, schedules and location data turned off
- Protect the names and information of co-workers / friends / family
- Tell friends to be careful when posting photos
- Check all photos for indicators in the background
- Verify friends are actually someone you know
- Keep your anti-virus software updated
- Use caution with links, downloads, and attachments
- Use caution with “apps” or plugins, as they are often malicious
- Have passwords unique from your other online passwords
- Look for HTTPS and the lock icon that indicates security

The MAG-36 [facebook](#) site, for instance, shall not have any upcoming force movements, deployments, or information revealing operations. Posts displayed after an event happened (as long as it does not reveal detailed information about the unit's capabilities) are acceptable.

More than just unit OPSEC goes into social network considerations – also remember personal security!



Volunteers help to wrap and distribute holiday gifts for more than 80 children at a local AmerAsian school Dec. 20th.



Are you tired? Well Ops never Stops!

LtCol Kevin Glathar Operations Officer

Since the last newsletter, MAG-36 officially entered the very busy exercise season! September was filled with final preparations and deployment of our advance party to the Republic of the Philippines for the Talon Vision/PHIBLEX.

In early October, the remainder of the MAG-36 Headquarters and all detachments from 1st Marine Aircraft Wing deployed to round-out the Marine Expeditionary Brigade (MEB) Aviation Command Element (ACE). In total, MAG-36 deployed with nearly 1000 personnel in support of the exercise.

The exercise proved challenging in many respects; however, in keeping with our fall deployments to the Philippines, the Typhoon season did not let us down.

After arriving and establishing an initial operating capability, Super Typhoon Megi ravaged the Northern Province of Luzon. The MEB ACE immediately turned to Humanitarian Assistance and Disaster Relief (HADR) operations assisting thousands of affected persons.

The MEB ACE established a forward operating and distribution point for relief supplies at Cauayan Airfield. This allowed 3rd MEB and the 31st Marine Expeditionary Unit (MEU) to deliver nearly 105,000 pounds of relief supplies via fixed and rotor wing aircraft.

The impact to the local populace was immeasurable and provided the U.S. Military and our Philippine Armed Forces partners an opportunity to further develop our planned response to destructive weather and subsequent HADR operations.

In addition to HADR Operations, MAG-36 was able to capitalize on valuable training opportunities with the Philippine Armed Forces. Those included the construction of two school classrooms, execution of four medical/dental/veterinarian civic action programs resulting in the treatment of 2842 patients and 874 animals, and 12 humanitarian assistance and community relations projects at eight separate sites in which 874 Operation Goodwill

boxes and more than \$35,000 of additional goods were distributed.

Overall, our deployment to the Philippines allowed us to become better prepared for a host of mission sets, but more importantly it helped us forge deeper relationships with both the military and people of the Philippines.

Upon our return from the Republic of the Philippines, Operations turned to finalize preparations for our deployment to the local island of Ie Shima for exercise Ryukyu Warrior.



The MAG-36 Headquarters setup our operations center and operated in an austere environment focusing on ground training and core skills from 29 Nov – 10 Dec. Our focus was on Marine Corps Martial Art Program (MCMAP), Marine Corps Common Skills Testing (MCCST), Combat Fitness Tests (CFT), Chemical Biological Radiological Nuclear (CBRN) training, and various professional military classes. Overall, the exercise and internal training was a huge success!

In light of the previous exercise activity, Operations continues to prepare MAG-36 for our large annual deployment to the Kingdom of Thailand in support of exercise Cobra Gold. We look forward to training with our counterparts from the Royal Thai Air Force, and conducting humanitarian assistance and community relations projects in service to the people of Thailand.

Finally, over the past three months the Operations has continued to assist VMGR-152 and MALS-36 train squadron personnel in preparation for support to OEF. We have also been assisting the 31st MEU ACE, HMM-262(REIN), in preparing to receive new helicopter detachments from 3rd Marine Aircraft Wing.

Cont: Review & Renew

one free, consider that another might be in need.

I hope that as you begin this new decade you and your family move closer to achieving your dreams and maintain good health and wellbeing. As a member of the family readiness office, I too will review the program's current state and renew my commitment to making it better than ever before. Semper Fi.

Fair Winds & Following Seas

Chief Warrant Officer Malott

Gunnery Sergeant Gibbs

Staff Sergeant Ott

Cpl Almaraz

Cpl Mahlabe

Lance Corporal Mosley

Lance Corporal Willingham

Lcpl Butler

DID YOU KNOW: MCB Japan legal office offers free tax preparation services for all SOFA personnel? Call 645-7417 for hours and office locations on a camp near you. Let trained personnel do the work!



Marines and Sailors dress to impress at the SMP Black and White Holiday Ball

SMP Celebrates

Brent Fisher

Family Readiness Officer

The Marines and Sailors of the [Single Marine Program \(SMP\)](#) prove that family extends beyond those we are born into. On December 23rd, the SMP conducted it's holiday party at the Manza Beach Resort Hotel.

Manza Beach Resort Hotel is one of the premiere hotels on Okinawa. Many of the longtime hotel employees are familiar with the challenges American service men and women face while being stationed in Okinawa.

The hotel again opened its doors to host a holiday celebration for single Marines and Sailors.

The evening consisted of fine dining, dancing, entertainment, prize giveaways, and fellowship.

Many Marines and Sailors new to the island expressed gratitude towards the hotel staff and the SMP coordinators for conducting this annual event.

For many, this is the first time they have been away from family during the holiday season. Events such as this reinforce the concept that Marines take care of their own and leave no one behind.

The SMP is a volunteer program for all single and unaccompanied Marines and Sailors with automatic membership. The goal of the program is to serve the demographics' quality of life needs.

The SMP also offers numerous volunteer opportunities. Marines and Sailors interested in getting involved in the program should contact [Lcpl Gomez](#)—the MAG-36 SMP representative.

Promotions



Cpl Almaraz



LCpl Guerrero



LCpl Salayon



LCpl Vo



LCpl Zayii